

**Around the Day Program** In a spirituality discussion group about love, participants shared what they love:

- Children
- Family
- Chocolate pie
- Friends
- Everyone in our group
- Being loved and giving love in return
- Parents, sisters, brothers
- Being alive
- Health
- You
- Myself
- Nature.



A recent travel discussion focused on “Waltzing to Vienna.” We discussed history, interesting facts, famous people from Vienna, what to see and do—the oldest zoo, the world’s largest ice cave, The Palace and Gardens of Schönbrunn, and Viennese cuisine.



**From Mind Matters**—Early Memory Loss Program Mind Matters participants recently visited the day program and joined morning activities.



Participants chose between a spirituality group focused on nature, an art appreciation group and a Bollywood dance class. Participants said they

enjoyed the activities and hope to visit again.

Mind Matter discussed spirituality and personal values as a focus theme. Participants shared what they value most, including “health, family, honesty, the present moment, comfort, independence, love and laughter.” They also

discussed what influenced their personal values and how their values have changed throughout their lives.

**Giving Tuesday —Fundraiser to Benefit House of Welcome Adult Day Services!** We have a day for giving thanks. We have two days for getting deals. Now, we have #GivingTuesday, a global day

#GIVING  
TUESDAY

dedicated to giving back. On Tuesday, November 28, 2017, charities, families, businesses, community centers, and

students around the world will come together for one common purpose: to celebrate generosity and to give.

This year, all donations made to North Shore Senior Center on #GivingTuesday will support House of Welcome Adult Day Services. The Retirement Research Foundation will provide a dollar-for-dollar match on the first \$5,000 donated. To donate, on November 28 visit [www.nssc.org](http://www.nssc.org) and click on #GivingTuesday to make a donation. Please help us spread the word!

**Staff News** Program Coordinator Fredelyn Calla, LCPC, ATR-BC, celebrates her 10th anniversary; Program Specialist Elizabeth Williams, BA, celebrates her third anniversary; and Program Assistant Rocio Daniel, CNA, celebrates her second anniversary. Congratulations to all!

Program Coordinator Elise Larsen, MA, R-DMT, and Kitchen Attendant Chi-Vas White have left the program. We’ll miss them and wish them the best in the future.

**Student Intern** We are pleased to welcome graduate student intern Karen Sherman. Karen, a first year social work student at the University of Chicago School of Social Service Administration, will be working in Mind Matters until June.

**Volunteers** Kate Goodwillie, Shelly Kurtz, Jeannette Lisk and Pam Wolf are new volunteers in the Day Program, helping with activities. Welcome and thank you!

**From the Nurse** As a reminder, participants should not attend when they are ill. Our policy is that participants must be free from fever, vomiting and/or diarrhea for 24 hours before they return to the program.



**Special Lunch Program** Our special lunch in honor of Thanksgiving will be held on Wednesday, November 16. The menu is penne Mediterranean (fresh spinach, roasted red pepper, Kalamata olives & feta blended with marinara sauce), garlic bread sticks and dessert.

**Emergency Closings** In the event of severe weather, we may have to close. This would be announced on radio stations WGN-720AM,



WBBM-780AM, and TV channels CBS-2, NBC-5, ABC-7, WGN-9, FOX-32 and CLTV. Listen for North Shore Senior Center. If the North Shore

Senior Center closes, House of Welcome Adult Day Services will be closed, since we are one of its programs. You may check online at [www.emergencyclosings.com](http://www.emergencyclosings.com), or call 847-238-1234, looking for North Shore Senior Center. **You should also call us directly at 847-242-6250 to confirm whether or not we are open. We sometimes close when the rest of the senior center is open.**

**Alzheimer's Family Support Group** House of Welcome Adult Day Services hosts a monthly support group for family members of people who have memory loss from Alzheimer's disease and other dementias. There is no fee and registration is not required. The next meeting is November 14 from 1:00 to 2:30 p.m. at North Shore Senior Center. Please join us!

## Other Programs and Services

- **Bathing, hairdressing, podiatry and massage therapy** are available for HOW day program participants
- **Alzheimer's Family Support Group** for family members of persons with Alzheimer's disease and other dementias
- **Mind Matters Family Support Group** for family members of Mind Matters participants
- **Education Programs** on dementia-related topics
- **North Shore Senior Center's Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Options (formerly CareOptions)** offers consulting, guidance and support to families and their older adult relatives, on a fee basis, to address immediate and future care needs
- **North Shore Senior Center's Lifelong Learning Department** offers a variety of programs and classes

## 2017 Schedule

Following are the 2017 late openings and closings. **These dates are subject to change, so please review them each month.** Family members must communicate this information to caregivers, drivers, and others needing to know. Thank you.

**Please note the following change in date:**

- ◆ **Friday, 10-27:** Open at 10:30 a.m.
- ◆ **Friday, 11-17:** Open at 10:30 a.m.
- ◆ **Thursday/Friday, 11-23 & 11-24:** CLOSED for holidays
- ◆ **Friday, 12-15:** Open at 10:30 a.m.
- ◆ **Friday/Monday, 12-22 & 12-25:** CLOSED for holidays
- ◆ **Friday/Monday, 12-29 & 1-1-2018:** CLOSED for holidays

The mission of the North Shore Senior Center is to foster the independence and well being of older adults, enhance their dignity and self respect, and promote their participation in and contribution toward all aspects of community life.

